

Advanced Study Weekend Schedule*
February 17 to 19, 2012

LECTURES WILL BE HELD IN THE FLAMINGO ROOM
MEALS WILL BE SERVED IN THE EMPIRE ROOM

Friday, February 17, 2012

2:00 – 4:30 PM – Registration.

5:00 – 6:00 PM – John McDougall, MD – Welcome and Introductory Remarks.

6:00 – 7:00 PM – Dinner.

7:00 PM – Keynote Speaker – H. Gilbert Welch, MD – Over-diagnosed: Making People Sick in the Pursuit of Health

Saturday, February 18, 2012

6:00 AM – Optional Lab Tests (results should be back by lunch today)

6:30 – 8:00 AM – Breakfast.

8:00 – 9:15 AM – Michael Greger, MD – Latest in Clinical Nutrition 2011

9:30 – 10:45 AM – H. Gilbert Welch, MD – The Two Most Misleading Numbers in Medicine: Relative Change and Survival

11:00 AM – 12:00 PM – John McDougall, MD – My Best Arguments for the Starch Solution

12:00 PM – 1:15 PM – Lunch.

1:00 – 2:15 PM – Lindsay Nixon – All the Flavor without the Fat—or Fuss!

2:30 – 3:30 PM – Kathy Freston – Leaning into a New and Better Life: Progress, Not Perfection

3:45 – 4:45 PM – Joel Fuhrman, MD – Superior Immunity To Maximizing Longevity

5:00 - 6:00 PM – Debate: Defining the Best Diet by Fuhrman and McDougall (Moderated by John Mackey)

6:00 – 7:00 PM – Dinner.

7:00 PM – John Mackey and Matt Lederman, MD – Whole Foods Market’s Healthy Eating Revolution.

Sunday, February 19, 2012

7:00 – 8:00 AM – Breakfast.

8:00 – 9:15 AM – Michael Klaper, MD – From Operating Table to Dining Room Table: The Evolution of a Nutritionally Aware Physician

9:30 – 10:30 AM – Melanie Joy, PhD – Carnism: The Psychology of Eating Meat.

10:45 – 12:00 PM – Joel Fuhrman, MD – Removing Food Addictions To Achieve Permanent Weight Reduction

12:00 – 1:00 PM – Lunch – Check out of hotel rooms (leave baggage at front desk).

1:00 – 2:00 PM – John McDougall, MD – Why Did Steve Jobs Die?

2:15 – 3:30 PM – Doug Lisle, PhD – The Continuum of Evil.

3:30 – 4:00 PM – John McDougall, MD – Concluding Remarks.

* Schedule is Subject to Change and Improvement.